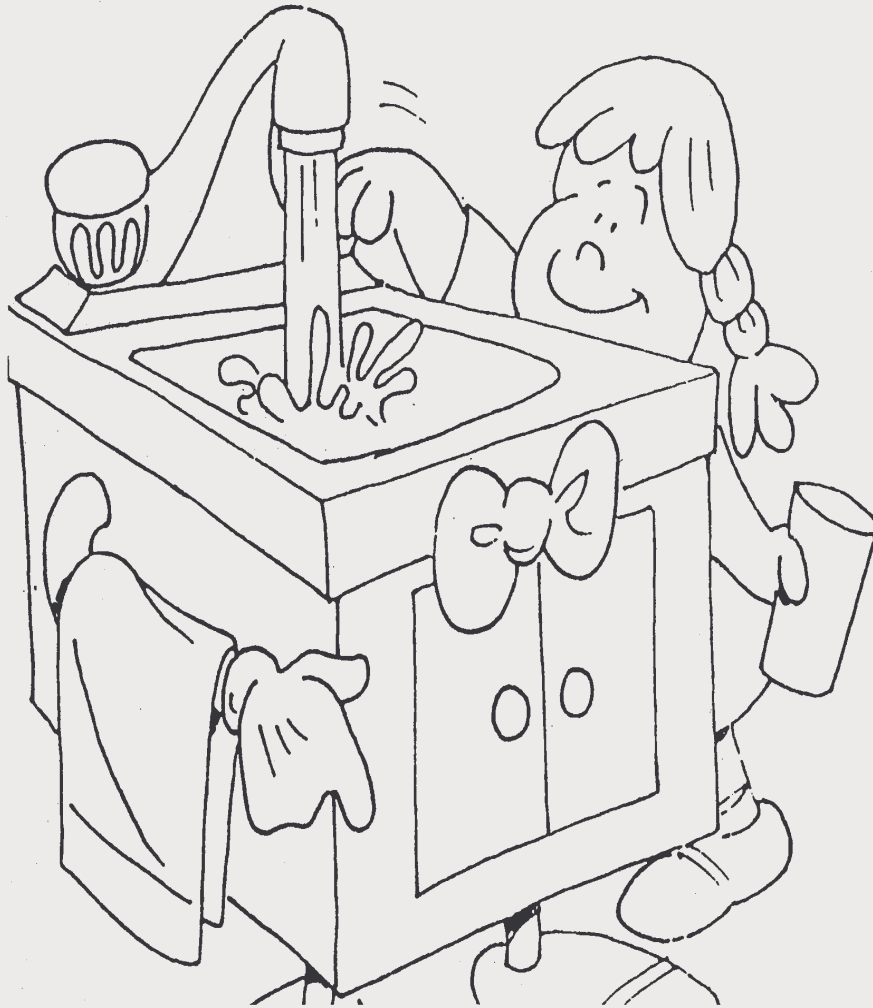


Compliments of UPAL – United Parents Against Lead



Run the water
In the sink,
Several minutes
before you drink,
Drink the water,
Drink a lot,
But never drink
the water hot!